SWEET YEEZUS! KIM AND KANYE HAVE THEIR BABY

ALL THE DETAILS WE KNOW (SO FAR) ON THEIR NEW ARRIVAL. PAGE 16

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Monday, June 17, 2013 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

CAUGHT IN A STUDENT LOAN TRAP

Education. Some New Yorkers have sought legal assistance after bad experiences with for-profit colleges.
Ready to enroll. There are dozens of these schools in the city and they aggressively recruit new students.
Vulnerable targets. One legal aid group says that many students come out with burdensome loans.

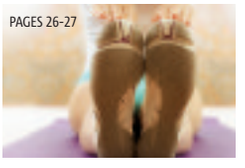
PAGE 02

Charlie Day gets a leg up for 'Monsters'

PAGE 22

Runners: Get bent into shape with us

PAGES 26-27



How to drink beer on the job

PAGE 28

[The difference] is changing your future at any age.

mcny.edu 1-800-33-THINK

—Sandra Carr,
MPA, Public Affairs & Administration, '08

Military Veterans, ask about Operation Tuition Freedom.

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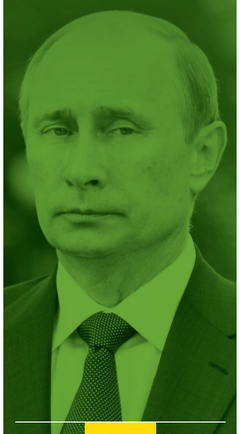

Top 3

Trending online at Metro.us

1. A 68-year-old British man gets a head tattoo of his 28-year-old wife's bikini body.
2. Patriots owner says Vladimir Putin stole Super Bowl ring.
3. New York bank robber is arrested after being chased by cops.

Quoted

"For us, this is like putting the cherry on the cake, and Pop, you are the cherry."

Gov. Andrew Cuomo unveiling the painting of his father that will hang in the State Capitol.

Attorney Eileen Conner, left, advises Rita Valladares on her student loan debt case. / EMILY JOHNSON

Students say for-profit colleges are debt traps

School and lawsuits. A legal services group helps students who say they have been duped by some for-profit schools.

School loans

"So what's actually happening is students are coming out of the schools with burdensome loans and essentially no training." Jane Greengold Stevens

Rita Valladares, 23, gestured at a paper with her name listed next to the word "defendant."

The paper had been sent to Valladares courtesy of Technical Career Institutes (TCI), a for-profit college she attended for a week in 2008 before dropping out. She maintains she was told there would be no consequences for leaving. The letter notified her she was being sued for $1,771.34.

Valladares, who also owes $2,000 to ASA College, which she attended, is one of hundreds who have sought assistance from the nonprofit New York Legal Assistance Group after bad experiences with some city for-profit degree programs.

Too often, NYLAG Director of Litigation Jane Greengold Stevens said, these schools prey on vulnerable members of society.

The president of ASA, Alex Shchegol, sees it differently. He emphasized the rigorous standards his schools sets.

"I'm not a hundred percent aware what's going on at other colleges," Shchegol said. "Whether I'm aware of problems with many students, let me put it this way: I think there are more problems in the public sector."

EMILY JOHNSON
letters@metro.us

Police escort passengers off the flight from Cairo. / GETTY IMAGES

Air safety. NYC-bound flight diverted after 'fire' note discovered

An EgyptAir jet heading to New York from Cairo was diverted to Scotland on Saturday afternoon after a passenger found a note in a toilet containing a threat to set the plane on fire, the Egyptian airline told Reuters.

The pilot informed air traffic control and landed at Glasgow Prestwick Airport where the 310 passengers would disembark, Tawfik Assy, chairman of the state-owned airline, said in Cairo.

A note, written in English and reading, "This flight will be on fire," was found next to a pencil in one of the plane's toilets by a passenger, Assy said.

EMILY JOHNSON

Father's love

Queens dad donates kidney to ailing son

Sons and daughters everywhere were celebrating their fathers yesterday, but one Queens man has more reason than most to give thanks for his dad.

Richmond Hill resident Leonard Burke, 32, received a kidney from his father, Ronald, after a years-long battle with hypertension and kidney failure, the Daily News reports. The younger Burke is himself a father of a baby girl.

It was the second transplant in three years for Leonard, who received a kidney from his wife, Rhonda, in 2010 — a donation that failed several months ago. In a rare stroke of luck, 55-year-old Ronald turned out to be a match as well.

"I didn't think twice," Ronald Burke said. "I didn't hesitate. I just wanted to do this."

EMILY JOHNSON

Tech city

NYC partners with Nextdoor

New York City dwellers are famous for ignoring their neighbors, but if Mayor Michael Bloomberg has anything to say about it, that's about to change.

The city is teaming up with Nextdoor, a social network aimed at connecting neighbors, Bloomberg announced.

The network has already partnered with more than 120 city governments, including San Diego, Dallas and San Jose.

The partnership with Nextdoor is intended to target updates to specific neighborhoods, providing public safety alerts and engaging with people about changes to their neighborhoods.

EMILY JOHNSON

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MTA .info

Weeknight Service Changes

N Q R

June 17 through 21
10PM to 5AM

No trains at NQR stations in Manhattan.
N trains run in Queens and Brooklyn only.
Q trains run in Brooklyn and are rerouted via the 6 Av D Line in Manhattan to/from the 57 St F station.
R service ends early in Manhattan and Queens.

Travel Alternatives:

- Use nearby stations on the 8 Av AE, 7 Av 12, 6 Av DFQ, and Lexington Av 46 lines instead.
- Take the 7 for service between Queens and Manhattan.
- Make key transfers between services at Queensboro Plaza 7N, 5 Av/42 St-Bryant Pk 7DFQ, Jay St-MetroTech AFN, and Atlantic Av-Barclays Ctr 24DNQ.

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3 new york Monday, June 17, 2013

FASTRACK

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Gun violence. Girl, 9, was hit by stray bullet fired in the Bronx

A 9-year-old girl was hit by a stray bullet in the Bronx on Friday night, police reported.

At approximately 9:20 p.m., a suspect on a bicycle rode by and fired several shots in the area, cops said.

Police said that the girl was outside her house playing ball with friends when she was shot in the torso.

The 9-year-old victim was taken to the North Central Bronx Hospital and was then transported to Jacobi Hospital in stable condition, cops said.

A $2,000 reward is being offered by Crime Stoppers for any information leading to the arrest and indictment of the person responsible for this shooting.

An additional $10,000 is being offered by the NYPD and another $10,000 by the mayor's office, for information leading to the shooter's arrest and conviction.

The police department is asking that anyone with information regarding this shooting call the Crime Stoppers hotline at 1-800-577-TIPS (8477). All calls are confidential.

DANIELLE TCHOLAKIAN

Senseless crime

Police are searching for a suspect on a bicycle who shot a girl in the Bronx.

- The 9-year-old was shot in the torso while playing ball.
- She is listed in stable condition.
- The NYPD is investigating.

Kayak station now open in Brooklyn

New Yorkers now have a public dock to kayak from on the Brooklyn waterfront with the opening of the community Eco-Dock at Pier 2 in Brooklyn Bridge Park. The dock was opened on Saturday. The new dock, which is part of the Metropolitan Waterfront Alliance's Open Waters Initiative, allows park visitors access to on-water educational programming and helps promote waterfront recreation in the city. / AARON ADLER, METRO

NYC traffic

Man dies in car crash, no car in sight

Police responded to a 911 call at 3:30 a.m. Sunday from a caller reporting that a person was hit by a car near 97 East 233 St. in the Bronx, cops said.

Police said that when officers arrived at the scene they found a 27-year-old male lying on the ground with injuries, but with no cars in sight.

EMS workers reportedly pronounced the victim, later identified as Kevin Bell, dead at the scene. His home address was reportedly listed as a few blocks from where he was discovered.

No arrests have been made, but the investigation is ongoing, cops said.

DANIELLE TCHOLAKIAN

ADVERTISEMENT

Finally – A Weekend That Has It All

When it comes to weekends off, I like to be where the action is. As a single guy living in the city, for most of the year, this means heading out to the bar or club at night, and hitting the park or gym during the day (to make up for the previous five days' worth of sitting in an office, calculating derivatives). During the summer, I usually jump at the opportunity to flee the city; doesn't matter where, as long the days are spent chilling and the nights are spent rocking out with friends and mingling with the ladies.

Having only a weekend to work with, it's often tough deciding on a destination and activities. And there's always something else I wish I'd thought of doing once the weekend is over. Most of the time, even when I leave the city, I have to make choices that limit my options. Fortunately, after my experience last summer at Club Getaway, I have a feeling that decision will be a lot easier this year.

"Hiking, biking, kayaking, ziplining, waterskiing, trapeze, rock climbing, tennis, golf, wine tasting... all in one weekend!"

Club Getaway is an entirely different summer weekend experience, with so many choices of people to meet and things to do, it'll make your head spin! (Too much free wine at dinner is liable to do the same thing.) It's basically a kid's camp on steroids...minus the annoying kids. If you went to summer camp as a child, Club Getaway will be the place you dreamed your camp was; if not, Club Getaway will simply blow your mind.

Club Getaway, a weekend sports and adventure resort, is located in the Berkshire Mountains of Kent, CT, just 90 minutes from NYC by car or Getaway Bus.

This is no ordinary summer camp. At first I was skeptical about devoting one of my cherished summer weekends to an "adult camp", but a close friend had gone previously and swore by it. He said to think of it as a fun way to unwind mind and body, where you can still opt to do all the things that always seem to slip through the cracks of a typical weekend. Or choose to find a person or people with whom you vibe, and simply do nothing at all. Well, maybe lay some groundwork for later in the evening, but.... It's your choice, and virtually anything is possible at Club Getaway.

Whether it's sports (including tennis, basketball, volleyball, water skiing, biking or a softball kegger, to name a few), arts and crafts, hiking, yoga, cooking or any of the dozens of other activities available, there is always something going on. Feel like soaring through the air? They've got that covered, with a zip line and a trapeze station! The best part: you get to pick and choose which you participate in, and which you skip in favor of a relaxed tanning session with a few new friends before happy hour.

I left Club Getaway satisfied that I finally achieved the ideal mix of partying, adventures, relaxation and fun with new friends. It's the perfect weekend getaway.

Club Getaway Calendar

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Boomers: 8/2

JWeekends: 7/12 & 8/9

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Religion. Atheists bring message to Hell's Kitchen bar

A bar in Hell's Kitchen is the last place you'd expect to attend a sermon, but it's the location of a British atheist group's first stateside meeting.

The Sunday Assembly, a "godless congregation" founded by comedians Sanderson Jones and Pippa Evans, will transform the Tobacco Road bar in Manhattan into a meeting place for fellow atheists later this month, the Daily News reported.

With a strong base in London, the duo has been told to expect opposition to their message once they reach the States.

"Lots of people are giving us warnings that it's going to be different over there, but so far, we've just had a lot of support from the people in America," Jones told the Daily News.

Jones and Evans founded the group after a road trip brought them to the realization that atheists were missing a community to bring them together.

Atheist church?

- The Sunday Assembly, a "godless congregation" based in the UK, will start holding meetings in NYC.
- The group's first meeting will take place on June 30 at Tobacco Road on 41st St.
- The group teaches to "live better, help often and wonder more."

Despite warnings about bringing their message to America, The Sunday Assembly's visit has already sparked the interest of local atheists.

"I missed the easy access to doing good work and helping others," Michael Trollan told the Daily News.

Their meetings include speakers and music that promote the message to "live better, help often and wonder more."

BREANNA BISHOP

Like father, like son

Gov. Andrew Cuomo unveiled on Saturday a portrait of his father, former Gov. Mario Cuomo, now hanging in the State Capitol's Hall of Governors portrait gallery. The artist, Simmie Knox, also painted the official White House portraits of Bill and Hillary Clinton. The painting is based on a 1989 picture. / METRO, OFFICE OF THE GOVERNOR

Investigation

Cabby dies after being stabbed in eye

A livery cab driver died on Thursday after he was stabbed in the eye, police said.

Police are searching for a man and a woman who were in the cab driver's car.

LAURA SHIN

Heroic actions

Emergency dispatcher
GETTY IMAGES

911 dispatcher stays on phone with victim for 8 hours

A 911 dispatcher reportedly stayed on the phone with a stroke victim for eight hours while workers scrambled to locate the victim, the New York Post reported.

Emergency Medical Dispatch Captain Philip Weiss reportedly wrote to the FDNY asking that the dispatcher, EMT Joann Hilman-Payne, be recognized for helping rescue Mary Thomas.

Thomas was rushed to Lenox Hill Hospital, and is reportedly being treated in the Intensive Care Unit.

DANIELLE TCHOLAKIAN

When You're Busy

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Turtles have been invading John F. Kennedy Airport for years. / JENNY MASTANUONO, USDA

JFK Airport seeks barrier to keep out turtle menace

Hard shell. The turtles are such a nuisance that the airport is building a barrier along the tarmac.

John F. Kennedy International Airport is under invasion — a very slow invasion.

For years, turtles have been crawling out of the Jamaica Bay Wildlife Refuge and crossing JFK runways en masse, intent on laying their eggs in the sandy soil near the airport. After scooping 1,300 of the critters off the tarmac during last year's mating season, officials are building a 4,000-foot long, 8-inch wide barrier in hopes of keeping them out of harm's way.

It's not just the turtles — diamondback terrapins, to be precise — that stand to get hurt. When turtles are struck by an aircraft, the carcasses can attract seagulls and other scavengers, increasing the risk of bird strikes.

"We're trying to find a balance between nature and aviation," Port Authority spokesman Ron Marsico told the New York Post. "We don't want to see the turtles get hurt, and this should keep the airport running smoothly."

Balancing act

"We're trying to find a balance between nature and aviation."
Ron Marsico

EMILY JOHNSON
letters@metro.us

Investigation

Manhole explodes in Midtown

A blast that startled people in Midtown on Saturday night was caused by an exploding manhole cover.

A vehicle was parked over the manhole on East 50th Street and sustained significant damage when the cover blew off around 9 p.m., but no one was injured in the incident.

EMILY JOHNSON

Aftermath. Sandy program is extended with $39M grant

A crisis counseling program for Hurricane Sandy survivors that was set to expire has been granted new life with $39 million in federal money.

The program, Project Hope, has already offered counseling services to 170,000 people.

Project Hope was created by the New York state Office of Mental Health Counselors.

EMILY JOHNSON

Storm damage / GETTY IMAGES

Former New York State Senator Pedro Espada Jr. was sentenced to five years in prison. / GETTY IMAGES

Espada Jr. gets five years for embezzlement

Corruption. The former New York senate majority leader will spend time in jail and will be subject to fines.

Former New York State Senator Pedro Espada Jr. was sentenced Friday to five years in prison for stealing federal funding from nonprofit medical clinics in the Bronx that he founded and lying on his 2005 personal tax return.

Espada, who served as the New York State Senate majority leader from 2009 to 2010, was also sentenced to 100 hours of community service, is being fined $368,088 and will have to pay the Internal Revenue Service $118,531. He owes an as-yet undetermined amount in restitution to his victims, the FBI reported.

"Over 30 years ago, Pedro Espada Jr. helped establish the Soundview Health Center, but his own greed and self-dealing undermined that good work," said FBI Assistant Director in Charge George Venizelos.

According to U.S. Attorney Loretta Lynch, Espada "embezzled funds to finance his personal lifestyle and lavish gifts on friends and family members at the expense of taxpayers and underprivileged members of the Bronx community who were deprived of needed health services and medical equipment."

Gov. Andrew Cuomo, who as attorney general launched the investigation into Espada, called his sentencing "a victory for the people of New York."

"This sentence sends a clear and direct message that those who defraud this state's taxpayers will be held accountable and prosecuted to the fullest extent of the law," Cuomo said.

Sal Albanese, Democratic candidate for mayor, also weighed in on the verdict. "By the time Senator Espada serves his sentence," he said, "The Second Avenue Subway might finally be finished."

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

Laundry list

In addition to prison, Espada faces a number of other penalties.

- He was sentenced to 100 hours of community service and is being fined $368,088.
- He owes an as-yet undetermined amount in restitution to his victims.
- U.S. Attorney Loretta Lynch said that he embezzled funds to finance his "personal lifestyle."

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Hundreds of thousands attend rally for Erdogan

Speech. Erdogan said the rallies were to kick off campaigning for elections next year and not related to the protests.

People gather during a rally at the Kazlicesma parade ground in Istanbul yesterday to listen to a speech by Turkish Prime Minister Tayyip Erdogan. / GETTY IMAGES

Turkish Prime Minister Tayyip Erdogan rallied hundreds of thousands of supporters at an Istanbul parade ground yesterday as riot police fired teargas several yards away in the city center to disperse anti-government protesters.

Erdogan told a sea of flag-waving supporters that two weeks of protests had been manipulated by "terrorists" and dismissed suggestions that he was behaving like a dictator, a constant refrain from those who have taken to the streets.

Riot police fired teargas into side streets around the central Taksim Square as he spoke, trying to prevent protesters from regrouping after hundreds were evicted from the adjoining Gezi Park, the center of the protests, late on Saturday.

"The attitude across Turkey with the pretext of Taksim's Gezi Park is not sincere. It is nothing more than the minority's attempt to dominate the majority. ... We could not have allowed this and we will not allow it," he said.

Bulldozers removed barricades and municipal workers swept the streets around Taksim that were sealed off by police yesterday after thousands took to the streets overnight following the raid by riot police firing teargas and water cannon.

The umbrella protest group behind the Gezi Park campaign, Taksim Solidarity, called for demonstrators to gather peacefully again in the square, but Istanbul Gov. Huseyin Avni Mutlu made clear they would not be allowed to do so. REUTERS

Quoted

"They say, 'You are too tough,' they say, 'dictator.' What kind of a dictator is this who met the Gezi Park occupiers and honest environmentalists. Is there such dictator?"

Erdogan said to roars of approval from the crowd

Walkout

Turkish unions call one-day strike

Two Turkish union federations said they would stage a one-day nationwide strike today in protest at the forced eviction by riot police of hundreds of anti-government demonstrators from an Istanbul park.

The Confederation of Public Workers' Unions, which has some 240,000 members in 11 unions, and the Confederation of Revolutionary Trade Unions (DISK) announced the strike in a joint statement. Three other groups representing doctors, engineers and dentists will also join the action, it said.

Members

240K

The Confederation of Public Workers' Unions has some 240,000 members in 11 unions.

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White House chief: Location of leaker currently unknown

Step up. Senator Chambliss says Snowden ought to "look an American jury in the eye" and explain why.

White House Chief of Staff Denis McDonough said yesterday that he doesn't know the whereabouts of Edward Snowden. The last known location of the admitted U.S. intelligence leaker was in Hong Kong.

McDonough, in an interview on CBS' "Face the Nation," declined to say whether there are plans to prosecute Snowden, a former government contractor.

Speaking on Fox News Sunday, former Vice President Dick Cheney defended the NSA programs, which began under former President George W. Bush, saying they have produced valuable intelligence in the global war on terrorism and have led to the disruption of planned attacks on the U.S.

Cheney said he was unaware of what, if anything, President Barack Obama did to alter the surveillance techniques.

"The program, obviously, from what's now been released, is still in operation," Cheney, 72, said. "I think it's good. I think it has saved lives and kept us free from other attacks."

BLOOMBERG

On Sunday talk shows, lawmakers said Snowden, 29, should return to the U.S. and face charges related to the disclosure. / GETTY IMAGES

Quoted

"If he's not a traitor, then he's pretty darned close to it."

Sen. Saxby Chambliss
Georgia senator, on Snowden, to NBC's "Meet the Press" yesterday

Metadata

US spy agency paper says fewer than 300 phone numbers scrutinized

The government only searched for detailed information on calls involving fewer than 300 specific phone numbers among the millions of raw phone records collected by the National Security Agency in 2012, according to a government paper obtained by Reuters on Saturday.

The unclassified paper was circulated Saturday within the government by U.S. intelligence agencies and apparently is an attempt by spy agencies and the Obama administration to rebut accusations it overreached in investigating potential militant plots.

The paper circulated on Saturday said data from the NSA phone and email collections programs not only led U.S. investigators to the ringleader of a plot to attack New York's subway system in 2009, but also to one of his co-conspirators in the United States.

The paper discusses an NSA program that collects "metadata" — raw information that does not identify individual telephone subscribers — from major U.S. phone companies showing all calls made by those companies' subscribers to phones within the United States and overseas.

REUTERS

Countries

20+

The paper repeats assertions by administration spokesmen that NSA email and telephone data-collection programs contributed to the disruption of "dozens of potential terrorist plots here in the homeland and in more than 20 countries around the world."

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Hope. Iranians count on president-elect to bring about change

Iranian President-elect Hassan Rohani, who won a landslide victory promising better relations abroad and more freedom at home, paid his first visit since the vote to Supreme Leader Ayatollah Ali Khamenei, who will ultimately decide the pace of any change.

Rohani is an Islamic Republic insider who has held senior political and military posts since the 1979 Islamic revolution and maintained a rapport with Khamenei, Iran's most powerful official.

Iranian media reported that Khamenei congratulated Rohani, wished him success and gave him "the necessary guidance." REUTERS

White House

Election of Iran's Rohani 'potentially hopeful'

U.S. President Barack Obama's chief of staff said the election of Iranian President Hassan Rohani was a "potentially hopeful sign," and that if he lived up to his obligation "to come clean on this illicit nuclear program, he will find a partner in us."

Speaking on CBS' "Face the Nation," Denis McDonough said: "If he (Rohani) is interested in, as he has said in his campaign, mending Iran's relations with the rest of the world, there is an opportunity to do that." REUTERS

N. Korea wants to hold high-level talks with US

Kim Jong-un took power in December 2011 and has since carried out two long-range rocket launches and a nuclear weapons test, as well as a campaign of threats against South Korea and the U.S. / GETTY IMAGES

Quoted

"We will judge North Korea by its actions, and not its words, and look forward to seeing steps that show North Korea is ready to abide by its commitments and obligations." Caitlin Hayden, spokeswoman for the National Security Council

Dialogue. The offer came only days after North Korea abruptly canceled planned official talks with South Korea.

North Korea yesterday offered high-level talks with the United States to ease tensions on the Korean peninsula, but the White House said that any talks must involve Pyongyang taking action to show it is moving toward scrapping its nuclear weapons.

The North Korea National Defense Commission, in a statement carried by KCNA news agency yesterday, said Washington can pick a date and place for talks, and the two sides can discuss a range of issues, but no preconditions should be attached.

"In order to ease tensions on the Korean peninsula and to achieve regional peace and safety, we propose to hold high-level talks between the DPRK and the United States," said the spokesman for the North's National Defense Commission in the statement. North Korea's official name is the Democratic People's Republic of Korea (DPRK).

"If the U.S. is truly interested in securing regional peace and safety and easing tensions, it should not mention preconditions for the talks," the statement said.

The United States will discuss the new offer in meetings with Japan and South Korea in Washington tomorrow and Wednesday, a senior administration official said.

Washington has been skeptical of any move by Pyongyang for dialogue, as it has repeatedly backtracked on deals. REUTERS

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- White & Dark Spots
- Complexion Problems
- Laser Treatments
- Restylane
- Hair Removal
- Botox/Collagen
- Skin Rejuvenation
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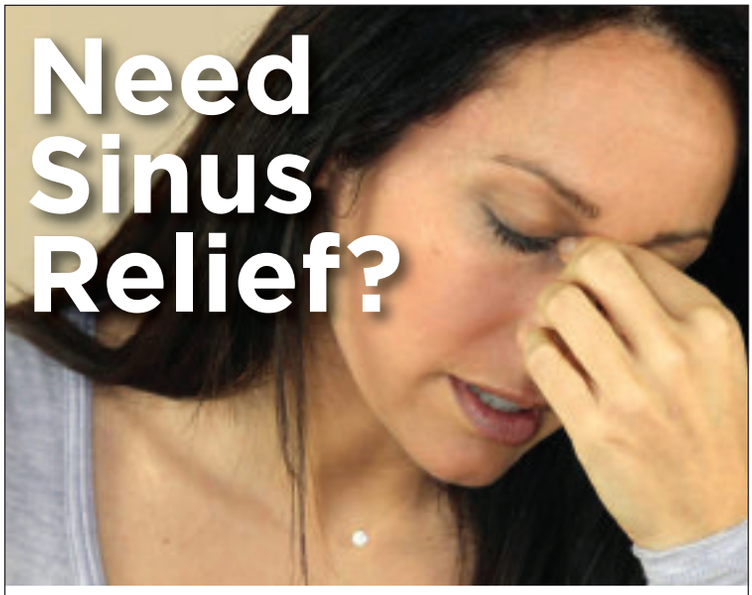

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Destructive Colorado fire more than half contained

Conditions. Fueled by dry vegetation and fanned by high winds, the blaze erupted northeast of Colorado Springs.

More than 1,000 firefighters are attacking the fire from the ground and air. / GETTY IMAGES

Crews battling a deadly wildfire that is the most destructive on record in Colorado have contained more than half of the 15,500-acre blaze that has incinerated nearly 500 homes outside Colorado Springs.

Cooler temperatures, calmer winds and a rainstorm that moved over the burn area on Friday allowed fire managers to increase the containment of the fire to 55 percent from 30 percent the day before.

But the number of homes confirmed destroyed by the so-called Black Forest Fire jumped to 483 on Saturday, compared with a count of about 420 homes on Friday, the El Paso County Sheriff's Office said on its website.

The tally increased as assessment crews combed through areas that had cooled, El Paso County Sheriff Terry Maketa told reporters earlier in the day.

Maketa said the bulk of the homes were lost in the first 24 hours of the blaze, and voiced optimism the threat from the fire was diminishing.

"I think we're getting the upper hand," Maketa said, adding that when he toured the area, it "looked like a nuclear bomb went off."

Flames roared out of control for two days, charring a 24-square-mile swath through rolling hills on the outskirts of Colorado's second-largest city.

Two people were found dead inside the garage of a home that was reduced to ashes when flames ripped through the area. REUTERS

Recycling plant

Evacuations after fire near downtown Indianapolis

A fire at a sprawling downtown Indianapolis recycling plant, fueled by propane tanks and a massive stockpile of rubber tires, forced the evacuation of homes and businesses within a five-block radius on Saturday, officials said.

The fire started Saturday afternoon at the two-story, three-block-long brick warehouse that houses Nationwide OTR Recyclers, police and fire officials said. REUTERS

Burning rubber

85K

The building has a number of businesses, including the recycling plant, which houses 85,000 square feet of rubber tires.

Alaska Peninsula

Second erupting volcano spurts ash, lava, steam

Two volcanoes are erupting on the Alaska Peninsula in the southwestern part of the state's mainland, but the sputtering emissions of ash and lava at the different sites are unrelated.

Pavlof Volcano, an 8,261-foot peak located about 590 miles southwest of Anchorage, has been erupting sporadically since May 13.

On Thursday, the 8,225-foot peak Veniaminof Volcano started to erupt as well. REUTERS

Up in smoke

12K

Veniaminof had an ash plume that was spotted at 12,000 feet on Thursday night, geologist Game McGimsey said.

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Sectarian violence

Car bombs, shootings kill 30 across Iraq

Attacks across Iraq targeting mainly Shi'ite Muslims killed at least 30 people yesterday, police and medics said, intensifying fears of a descent into all-out sectarian war.

Ten years after the U.S.-led invasion, a stable power-sharing compromise between Iraq's Sunni, Shi'ite and ethnic Kurdish factions is still elusive and violence is on the rise.

More than 1,000 people were killed in militant attacks in May, according to the United Nations, making it Iraq's deadliest month since the intercommunal strife of 2006-07.

Regional sectarian tensions have been inflamed by the conflict in Syria, where Sunni rebels are fighting to overthrow a leader backed by Shi'ite Iran. **REUTERS**

US puts F-16 jets in Jordan, fuels Russian fear of Syria no-fly zone

American F-16s will remain in Jordan after a joint military exercise there next week, a Pentagon spokesman said. / GETTY IMAGES

Negotiations. Kerry says chemical attacks could scupper peace talks.

The United States said on Saturday it would keep F-16 fighters and Patriot missiles in Jordan at Amman's request, and Russia bristled at the possibility they could be used to enforce a no-fly zone inside Syria.

Washington, which has long called for President Bashar al-Assad to step down, pledged military support to Syrian rebels this week, citing what it said was the Syrian military's use of chemical weapons — an allegation Damascus has denied.

Defense Secretary Chuck Hagel has approved a Jordanian request for American F-16s and Patriot missiles to remain in the Western-backed kingdom after a joint military exercise there next week, a Pentagon spokesman said.

Western diplomats said on Friday Washington was considering a limited no-fly zone over parts of Syria, but the White House noted later that it would be far harder and costlier to set up one up there than it was in Libya, saying the United States had no national interest in pursuing that option.

Russia, an ally of Damascus and fierce opponent of outside military intervention in Syria, said any attempt to impose a no-fly zone using F-16s and Patriots from Jordan would be illegal.

"You don't have to be a great expert to understand that this will violate international law," Foreign Minister Sergei Lavrov said.

Despite their differences, the United States and Russia announced in May they would try to convene peace talks involving the Syrian government and its opponents, but have set no date.

U.S. Secretary of State John Kerry said chemical attacks by Syrian forces and Hezbollah's involvement on Assad's side showed a lack of commitment to negotiations and threatened to "put a political settlement out of reach." **REUTERS**

Quoted

"We should be prepared for a long civil war with ups and downs."

Moshe Yaalon, Israel's defense minister, who is visiting Washington

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Rubio says he still backs immigration reform bill

Politics. The senator says that tightening border security is key to the legislation winning approval.

Immigrant advocacy groups nationwide are drawing attention to the high number of family separations due to the deportation of parents as undocumented immigrants. / GETTY IMAGES

Republican Sen. Marco Rubio said yesterday that he still supports a bill to overhaul U.S. immigration, but reiterated that he wants its stipulations on border security to be tightened in order for the legislation to win approval from Congress.

Rubio, one of the so-called Gang of Eight Republican and Democratic senators steering the bill, has been criticized by conservative Republicans as being too soft, and there have been concerns he could walk way from the legislation.

The Florida lawmaker said on ABC's "This Week" program that the bill was about 96 percent ready but should include strong measures on border security to ensure there would not be another wave of illegal immigration in the future.

"If we do that, this bill will have strong bipartisan support," Rubio said.

Rubio said he did not believe the Senate would try to push the legislation through without toughening the language on border security.

"If we fail, we're going to keep trying, because at the end of the day, the only way we're going to pass an immigration reform law out of the House and Senate so the president can sign it is, that it has real border security measures within it."

The bill currently being debated in the Senate was rolled out in April and would provide a 13-year path to citizenship for 11 million illegal immigrants. **REUTERS**

Quoted

"If we fail, we're going to keep trying, because ... the only way we're going to pass an immigration reform law out of the House and Senate so the president can sign it is, that it has real border security measures within it."

Marco Rubio

Antitrust. Regulators investigate venture by Lockheed-Boeing

U.S. regulators have opened a probe into whether a Lockheed-Boeing joint venture that launches U.S. government satellites into space has flouted antitrust laws.

The Federal Trade Commission is investigating whether United Launch Alliance, a joint venture of Lockheed Martin Corp. and Boeing Co., violated federal antitrust laws by "monopolizing" or restraining competition through an exclusivity agreement with the maker of the engines used in its rockets, according to an FTC document obtained on Wednesday.

RD Amross, a joint venture of Russia's NPO Energomash and Pratt & Whitney Rocketdyne, a unit of United Technologies Corp., provides RD-180 engines for ULA rockets.

Industry sources say the ULA is preventing RD Amross from selling the engines to other rocket makers, including Orbital Sciences Corp., which is trying to break into the lucrative market for government rocket launches.

Lockheed and Boeing formed the joint venture in 2006 after years of competing for contracts under the Air Force's Evolved Expendable Launch Vehicle program, which provides launch services for large military, intelligence and NASA satellites.

The companies won the government's approval for the venture by arguing there was not enough demand for heavy-lift rocket launch services to support two competitors, since the commercial demand they had expected had failed to materialize for such large rockets. **REUTERS**

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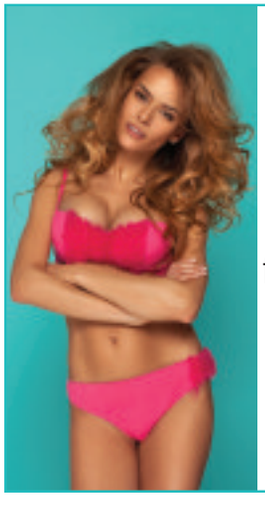
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Inside the furry suit

Spirit. While lifting cheerleaders in the air and showcasing his dance moves, Daniel Szwerc plays Mario the Magnificent.

Daniel Szwerc is the worst-kept secret on the Drexel University campus. He says he tries not to make it too public that he's the guy inside the blue furry dragon known as Mario the Magnificent. Well, the jig is up: Szwerc gave us the inside scoop about what it's like to breathe fire (metaphorically).

Daniel Szwerc performs as the Drexel Dragon. / PROVIDED

How long have you been wearing the costume of Mario the dragon?
I have been a dragon since the beginning of freshman year. When I got here as a freshman, I was looking online to see things to get involved with on campus, [and] I saw it on the athletics website. I got in touch with them and followed up a few times. They happened to have an opening.

What is exciting to you about performing?
I love being able to go anywhere and do anything you want — there is a great deal of freedom. Nobody is judging me based on "Dan acting weird" (but the cheerleaders on the dance team will make fun of me for it later). There is a lot of freedom to walk through the stands. It's a fun opportunity to do whatever you want.

So, what's it like inside that dragon?
It's really, really hot. The Drexel costume is much thicker than [for] other schools that I've seen, so it's pretty heavy, and it has a very limited field of view. If you want to know what it's like, just make a circle with your hands about six inches away from your eyes, and that's the field of view you have for a few hours. For the first half hour, it's a lot of fun, and then after that, it's a race to the finish, so I can cool down and get out of it. There was a game once against [the University of Massachusetts at Amherst] where it went into overtime, and I was too dizzy to stand up straight.

Yowza. So how do you prepare for the heat?
Usually the night before an appearance, especially if it's a big one, I start drinking a lot of water. I bring a lot of water with me, too. I try to always have somebody else to come along in the event that it's getting to be too much.

So, do you have some amazing moves?
I'm not a great dancer. Some of my good friends on the dance team have been trying to fix that, but to no avail. In the costume, it doesn't really matter — being silly and having ridiculous dance moves is even better at a certain point.

What's the hardest part?
The physical toll is one thing. People will forget that there's a person inside it, and while they're giving a speech, it's physically demanding for me to just stand there and watch them for an hour. But I'm still having a great time with it.

JULIA FURLAN
julia.furlan@metro.us

Email us

Looking for mascots

Is there a school mascot you would like to know the story behind? Email julia.furlan@metro.us and tell us who we should feature.

Quoted

"It's a very big costume with wings and nose that's a foot and a half long. Many, many times, I've turned and looked to the side and whacked somebody in the head." Szwerc

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Pencils down, the ACT is going digital in 2015

Tests. Officials are changing the longtime exam.

Whether you're gathering materials for Harvard or your local school, applying to college can be a stressful time for high school seniors. Between applications, extracurricular activities and those pesky standardized tests, getting into your dream school has become a job in itself. However, the ACT makers are hoping to make at least one part of the process a little easier.

In May, the ACT announced that its flagship test will be converted into a digital format in 2015. However, representatives for the exam say students shouldn't put down their pencils just yet. Even after the online test is launched, it will only be available in select high schools before it's available nationally. Metro talked to ACT Vice President Paul Weeks to find out more about the changes in the exam.

What are you hoping will come from the shift to online?
More flexibility for users is the biggest thing. Having efficiency, the incorporation of other kinds of items eventually and more meaningful information that students, teachers and parents can use to know whether or not students are ready for life after high school.

Why would you advise someone to take the ACT over the SAT?
Testing behaviors are very personal. I can tell you that the ACT is a curriculum-based test that reflects the skills that are typically provided by taking good college-prep core courses. And students who have done that tend to be very comfortable with the ACT, because it reflects the kinds of things that they're actually learning on a day-to-day basis.

COURTNEY FOWLER
letters@metro.us

Taking tests on paper might be a thing of the past. / WAVEBREAK

SAT versus ACT

Format

- **SAT.** Critical Reading: Two 25-min sections and one 20-min section; Math: Two 25-min sections and one 20-min section; Writing: one 25-min essay, one 25-min section and one 10-min section
- **ACT.** English: One 45-min section; Math: one 60-min section; Reading: one 35-min section; Science: one 35-min section; Writing: one 30-min essay (optional)

Style

- **SAT.** Questions are often trickier and phrased in ways that make them confusing to decipher.
- **ACT.** Questions are straightforward, but have the tendency to be longer.

Scoring

- **SAT.** Total SAT score ranges between 600-2400
- **ACT.** Composite ACT score ranges between 1-36

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Kevin Hart and Pauly D are happy for Kim and Ye'; Best Coast thinks something's fishy about this delivery; and Taylor Swift tweets the best thing she's ever tweeted. Props.

@KevinHart4real: Congrats to @KimKardashian & @KanyeWest on the birth of their new baby girl!!!

@DJPaulyD: Congrats @KimKardashian And @kanyewest On The Birth Of Your Baby Girl !!!!!

@best_coast: Kim Kardashian gave birth the day after Kanye's album leaked

@taylorswift13: @KimKardashian @KanyeWest Yo I'm happy for you and imma let you finish but Beyonce had one of the best labors of all time.

Kim finally gives birth to Kanye's wunderkind

OMG, you guys. It finally happened. On Saturday, Kim Kardashian and Kanye West's superspawn entered the world, thus setting the bar for every future baby to be born, ever. In fact, we might as well just close the book on having babies right now because this was some next-level baby-making.

It's a girl (as was revealed in "Keeping Up with the Kardashians," which you'd know if you watched that show. Which we definitely do not). Both Kim and baby are reportedly healthy and doing just fine.

As of press time, they had yet to reveal her name, but we'd be surprised if it didn't start with a "K." Over/under odds on some variation of the word king? We'd also be surprised if it wasn't something totally wack. We find it very hard to imagine these two naming their firstborn daughter something reasonable and not designed to elicit WTFs from everyone not crazy, everywhere.

Plus, the Kim K./Yeezy progeny has got a lot to live up to, name-wise, considering that baby will probably spend most of its young life trying to crawl out of Blue Ivy's shadow. (We are still not over the fact Jay and B named a child Blue Ivy, by the way. It's a human being, not a supervillain from "X-Men," for Pete's sake.)

We're not sure if we're more excited to find out what they've named this celebaby (has anyone coined that yet? If not — dibs) or to find out how much money these two collect for the first baby photos. On a side note, what are we all supposed to speculate about on Twitter now that both Ye's album and Ye's baby have leaked? Ew, sorry.

And because all other pop culture news pales in comparison to the birth of Yeezy Jr., here's the rest of your celeb gossip, in brief:

2 Jackson hates Bieber

Paris Jackson has reportedly revealed that she hates Justin Bieber. A sentiment to which we can only reply, "Join the club."

3 Garlin can't curb his road rage

Well, parking lot rage. Jeff Garlin of "Curb Your Enthusiasm" went to jail over the weekend in L.A. for smashing the car window of a couple who stole his parking spot. If this was an episode of "Curb," this would be a hilarious interaction. IRL, however, that's just messed up.

4 Putin jacked Patriots' Super Bowl ring, maybe

The Russian prez is denying allegations that he stole Patriots owner Robert Kraft's ring, claiming it was a gift. Are we the only ones who think everything about this is funny?

THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLO
@AlexCavallo
alexandra.cavallo@metro.us

— Dorothy Robinson will return Tuesday, June 18.

Q&A

'Bachelor' Sean knows his 15 minutes are ticking

We caught up with "The Bachelor" and "Dancing with the Stars" contestant Sean Lowe at the one-year anniversary party for Haven Rooftop at the Sanctuary Hotel on Tuesday, and the former college football player dropped some wisdom on becoming caught up in the reality star spotlight.

"Once the show is done filming and you get out, you're hit with some sense of fame," Lowe said. "I can see how it's appealing, but it always fades away eventually."

Of bride-to-be Catherine Guidici, he told us:

"I went into 'The Bachelor' thinking if I could find someone to settle down with then I'm ready," Lowe said. "Catherine was that person and I couldn't be happier."

Lowe says he's enjoying the limelight for now, but plans on returning to Dallas to work on his insurance business. But as for returning to normalcy, he says his wedding will be televised, guaranteeing his "fame" will last at least until after the cake is cut.

— Additional reporting by Chris Longo

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A look back at Kim's pregnancy

1 **Kim Kardashian** celebrated the announcement of her pregnancy alongside boyfriend **Kanye West** at 1OAK Nightclub at the Mirage in Las Vegas on New Year's Eve.

2 In January, Kim showed up in a revealing all-black outfit before hosting ICED at Cowboys Dance Hall in Calgary, Canada.

3 Kim's baby bump took shape as she stepped out in L.A., in March.

4 The mom-to-be hid her baby belly in a wavy nude dress in Manhattan in March.

5 Kim and her burgeoning bump were hounded by the paparazzi in Manhattan in March.

6 The lady in red glowed in a lace dress during a special appearance at Kardashian Khaos at the Mirage in Las Vegas, in April.

GETTY IMAGES

Truth, justice and lots and lots of money

"Man of Steel," with Cavill's Superman, made more than a couple bucks this weekend. / WARNER BROS. PICTURES

Box office.
Audiences flocked to that movie about a sad flying alien this weekend.

"Man of Steel," the big-budget reboot of the Superman franchise, leapt over the apocalyptic buddy comedy "This is the End," collecting a muscular $113.1 million to lead the domestic box office with the year's second-largest debut weekend and the biggest June opening ever.

The movie, starring British-born Henry Cavill in the first Superman movie released in seven years, carried a hefty budget of $225 million and took in a total of $125 million through Sunday including early screenings, according to www.boxoffice.com.

The film, produced by Christopher Nolan, who scored big hits with "The Dark Knight" and "Inception," added $71.6 million from overseas box offices in 24 markets.

"This is the End," written by star Seth Rogen and his childhood friend Evan Goldberg, collected $20.5 million at theaters in the domestic market comprised of the United States and Canada, according to studio estimates.

The comedy depicting the end of the world stars more than a dozen well-known Hollywood actors including James Franco, Jonah Hill, Michael Cera and Emma Watson.

In third place, the heist caper "Now You See Me" continued its stronger-than-expected showing with ticket sales of $10.3 million, bringing its three-week total to $80 million.

"The Purge," made for $3 million by the producer of the low-budget "Paranormal Activity" series, finished fifth with $8.2 million, behind the speeding-car franchise sixth film, "Fast & Furious 6," which took in $9.4 million in its fourth week in release, for a total of $220 million since Memorial Day.

"The Purge" is set in 2022, when the U.S. government reduces crime by allowing almost all crime to go unpunished during a 12-hour "purge" period.

"The Internship," a comedy starring Vince Vaughn and Owen Wilson based on the antics of nerds in search of a job at Internet giant Google, continued its lackluster box office showing, selling $7 million in tickets to finish sixth.

"After Earth," starring Will Smith and his teenage son Jaden, continued its weak showing at U.S. and Canadian box offices with $3.6 million, in ninth place. "After Earth" did perform well overseas, selling $24 million worth of tickets outside the domestic market.

REUTERS

Pussy Riot and other problems

Series. The Human Rights Watch Film Festival explores how tradition battles progress.

If there's a general theme that unites the dozen-plus films in the 24th Human Rights Watch Film Festival, it's the battle between traditional values and human rights, with the norm threatened and often resisting progress. Here are three films to consider.

'Pussy Riot — A Punk Prayer'

The Pussy Riot incident gets its inevitable documentary. Five members of the balaclava-clad feminist punk collective protested Putin by crashing a Moscow church, leading to the arrest of three on charges of "hooliganism." Those, from Putin to the staunchly religious, who are vocal about avoiding a return to the Communist era of suppressed speech are shown suddenly longing to see women jailed for what they said (or sang). It's wisely brought up that one problem was few of the band's targets understood what they were protesting — but still, there's a happy(ish) ending. **Tonight, 9**

'The New Black'

When California's Proposition 8 sailed through a statewide vote in 2008, some pointed to the black religious community for helping support it. Documentarian Yoruba Richen uses that as the jumping-off point to explore homophobia among African-Americans, and how a race that faced so much prejudice can, in some cases, heap prejudice upon another. Richen digs up examples like a pro-same-sex-marriage Baptist preacher and a gospel star who outed himself, revealing an issue that cuts deeper than a mere documentary can handle. **Thursday, 6:30 p.m.**

If you go

Human Rights Watch Film Festival

Through June 23
Film Society at Lincoln Center and The IFC Center
ff.hrw.org/new-york

See more at www.metro.us

The balaclava-clad members of Pussy Riot get their own film. / HBO DOCUMENTARY FILMS

'Camp 14 — Total Control Zone'

Marc Wiese's quasi-experimental documentary visits Shin Dong-hyuk, a young man born in a North Korean prison camp and the only known person to have escaped one and lived to tell his tale. And tell he does: He talks of being raised to know nothing about human connection and warmth. Indeed, he ratted out his own family when he believed they were trying to escape, an action that, he notes with great horror, is probably why he lives today. Wiese visits Shin, a half-formed man in a furniture-less apartment, whose horrific experiences of torture and starvation are presented in gray-on-gray animation. Chats with ex-guards, also traumatized and trying to forget their deeds, add to the despair. **Friday, 6:30 p.m.**

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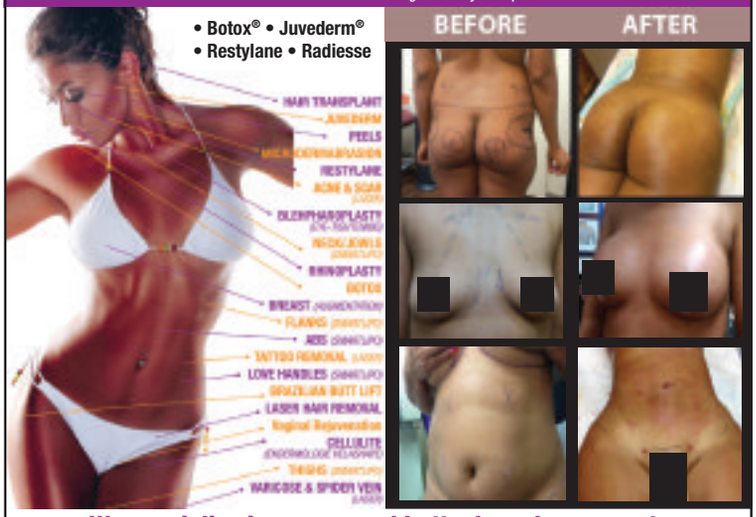

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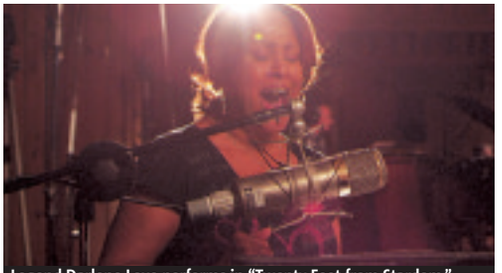
Greatness in the margins

Music doc. "Twenty Feet from Stardom" gives backup singers the due they deserve.



Legend Darlene Love performs in "Twenty Feet from Stardom."
RADIUS-TWC

Review

'Twenty Feet from Stardom'

Director. Morgan Neville

Genre. Documentary

Rating. PG-13

"Twenty Feet from Stardom," a documentary about background singers in pop music from the 1950s on, ought to have been made decades ago, when most of its subjects could have profited off it while still young. It's better late than never, though — especially as many of them are still alive and very much kicking. The focus is the mostly black, gospel-bred singers who labored in the back of songs, not always wanting to seize the more stressful front.

They were mistreated, underloved. Darlene Love, of backup group the Blossoms, sang lead on Phil Spector's "He's a Rebel," only to find the song credited to another group, the Crystals. By the '70s, she was a cleaning woman, and decided to claim her rightful success when she heard herself on the radio while scrubbing a bathroom. (She's now in the Rock and Roll Hall of Fame.)

Others were even more ambitious. Merry Clayton — who recorded her part on the Stones' "Gimme Shelter" at 2 a.m., while pregnant and wearing rollers — tried her best to get a solo career. But despite the efforts of Clayton, producers and a supportive label, the public wasn't having it.

At one point, Clayton's "Gimme Shelter" crooning is isolated from the rest of the track. As her voice reaches the rafters, you can hear it cracking. Such imperfections speak to the passion and the ambition of these performers, who helped fill out songs in ways that aren't always immediately apparent. As they point out, their work is almost subliminally catchy — you hum their riffs without realizing it.

The film does more than highlight the underrecognized. The subjects talk of the shock of working with white stars, and wondering what mumbly, spastic Joe Cocker was about. When Lynyrd Skynyrd asked some to back up the pro-South "Sweet Home Alabama," Clayton says she did it out of protest — their greatness would underline the shabbiness of the song's regressive worldview.

As its subjects did to songs, "Twenty Feet from Stardom" fills in a story that, for many, was only somewhat there.

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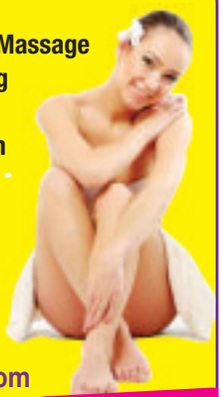

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Photo by Stephanie Berger

CHARLIE DAY

The TV star talks playing a cartoon made mostly of legs — who's been to jail.

MORE THAN JUST SUNNY

GETTY IMAGES

As the furry purple oddball Art in "Monsters University," Charlie Day walks away with nearly every scene he's in, which isn't surprising since his monster is mostly just a pair of legs with a face where the crotch would be. Among early audiences, Art is fast becoming a favorite — or at least that's what people are telling Day. "Well, people have been saying that to me, and I don't know what their ulterior motives are, but I appreciate it," Day says.

There is just something captivating about Art.
You know, he's a crazy guy. He's filled with absurd non sequiturs. He's positive, he's an optimist and he's been to jail. What's cooler than that? And then the best thing is, you get to see what it would be like to be all legs.

How much were you involved in the design and development?
I did all the design myself. I did all the drawings, I did most of the movie. [Laughs] No, I did nothing. I did absolutely nothing. By the time I showed up here, they had already animated a scene using lines from "It's Always Sunny in Philadelphia" with the character. I almost feel like they could've taken certain words that I've said from things and cobbled together the entire performance, but they were nice enough to let me do some of the work.

Did you start off college with one idea of what you were going to do with your life and end up with another?
Yes. I was a huge baseball guy growing up, as was everyone in my town. I was passionate about it, I was halfway decent at it, but not ultimately good enough. And by college I realized that it's not going to go any further, and then I started dabbling in acting and the arts, and all that came much easier and more naturally to me. I think it was time to accept that I could maybe play a baseball player in a movie, but that was the only way anyone was ever going to pay to watch me play.

So do you keep an eye out for baseball-themed roles now?
You know, the problem is I'm getting older and older, so I'm starting to almost have to look at the coach roles. They've been passing me by, but believe me — if one popped up, I'd jump at it.

Main gig

It continues to be 'Sunny'

Charlie Day got his start with the offbeat FX comedy "It's Always Sunny in Philadelphia," and he has no plans of stopping the series now — at least not this year. "We're almost done filming the ninth season. Nine seasons," he says with eyes wide. "We were celebrating our 100th episode the other day. It's been a wonderful decade of a lot of laughs. We definitely are going to do a 10th season, and after that, I don't know. It depends on if FX wants to keep it going or not. I think creatively, we're open to it. I still feel like we're finding new and interesting things for these characters to do and say, and new and funny ways to surprise our audience."

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Hollywood royalty breaks bad

Interview. Danny Huston talks about going to TV and playing villains.

Danny Huston lounges around as a Miami gangster on "Magic City." / JUSTINA MINTZ, STARZ ENTERTAINMENT LLC

Danny Huston's acting career didn't take off until he was nearly 40, but it was inevitable he'd get around to it sooner or later. After all, he comes from Hollywood royalty: His father, John, grandfather, Walter, and half-sister, Anjelica, are all Oscar-winners and legends. The scene-stealer from "Birth," "The Constant Gardener" and "The Proposition" can now be seen as fearsome gangster Ben "The Butcher" Diamond on the 1950s Miami show "Magic City," which just began its second season on Starz.

What attracted you to your character?
There's a fallen emperor quality about Ben Diamond, where he's sort of biding his time — languishing around a pool, fulfilling his sexual depravity. But he's also a shrewd businessman, someone who wants to get things going. There's a certain honesty to Ben Diamond. He's not ashamed.

You've played villains before, but Ben seems to be the most villainous.
The key to playing a villain — and this might be obvious — is to find the humanity in them. Nobody regards themselves as villainous or all that bad. In the case of Ben Diamond, I thought I would give that up. [Laughs] I would play him for the badass that he is. Somehow, I find that endearing.

Quoted

"I come from a family where we encourage nepotism. [Laughs] So there's nobody better to be working with than family or friends."

Huston, on working with friend and showrunner Mitch Glazer

This is one of your only steady TV gigs. What made you want to work on television?
I worked with Tom Hooper on "John Adams," as Samuel Adams. That's when I realized there's a real scope here, that you can actually tell your story. There's this room [in television] to tell a story. Then I did ["Kevorkian"] with Al Pacino, and I realized there was this whole built-in audience. And to release something about Kevorkian theatrically, it would just be impossible.

Showrunner and writer Mitch Glazer is a longtime friend of yours. What is it like working with a pal?
I come from a family where we encourage nepotism. [Laughs] So there's nobody better to be working with than family or friends. As long as you respect them, as long as you want to serve their vision, then it's all good.

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TV picks

EDUCATIONAL

'Best Funeral Ever'

A Dallas funeral home apparently specializes in pimped-out funerals. Weird. **7 P.M., TLC**

REALITY

'The Bachelorette'

The dudes compete in a "Mr. America" pageant, which might be the most emasculating thing a man has ever done to get laid — except, you know, being on "The Bachelorette." **8 P.M., ABC**

REALITY

'Catfish: The TV Show'

A sneak peek at the second season.
11 P.M., MTV
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Polina Semionova dances in Act II of "Swan Lake." / ROSALIE O'CONNOR

ABT shows myriad moods at the Met

Dance. The American Ballet Theatre focuses on Russian angst.

American Ballet Theatre offers two kinds of programs during its long spring season at the Met. Most weeks see mammoth productions of "white" ballets, full of dancers in tutus and floaty skirts, in which women turn into birds or sleep for a hundred years.

Rare treats are treasured evenings of shorter pieces by contemporary artists like Sir Frederick Ashton, George Balanchine and Mark Morris. Ashton's 1976 "A Month in the Country," new to the troupe in May, gorgeously represented life in a Russian country house, providing dramatic roles to new stars like Korean ballerina Hee Seo.

Last month saw the premiere of a third show: Alexei Ratmansky's "Shostakovich Trilogy," in which the troupe's Russian resident choreographer offered three short works to compositions by Dmitri Shostakovich (1906-1975), a composer who had a complex relationship with the Soviet government. A strange fusion, it had a plot of sorts (tortured artist suffers in his life and in his work, hounded by mysterious government agents) and lots of gorgeous dancing, but trying to decode this odd trio was not simple. George Tsypin's curious decor, reminiscent of mobiles for the bedroom of a young boy, both delighted and distracted.

ELIZABETH ZIMMER
letters@metro.us

A look ahead

The classics are still to come this summer season

"Swan Lake," to Tchaikovsky's transcendent score, runs tonight through Saturday. Sir Frederick Ashton's "Sylvia," a mid-20th-century frolic to 19th-century music by Leo Delibes, runs June 24 to June 29. And ABT's staging of "The Sleeping Beauty," also to Tchaikovsky, spans July 1 to July 6.

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Kim Schneiderman is a psychotherapist and former journalist with a private practice in New York City.

Everybody gets jealous from time to time. Focusing inward, not outward, can help alleviate some of those feelings. / WWW.JUPITERIMAGES.COM

A former dance teacher of mine used to say, "Don't bother comparing yourself to others. There will always be people better than you, and worse than you. The most important thing is to ask yourself, 'Am I improving?'"

Of course, this is often easier said than done. Not only are we constantly bombarded by advertisements preying on our insecurities, but recent studies show that social media sites actually feed jealousy by creating the illusion that other people are living happier, more fulfilled lives than our own. I say "illusion" because, as a Stanford University study seems to suggest, people often underestimate the discontent of others.

Most of us can expect to encounter the ugly green monster from time to time. And while we may never truly slay the beast, the following tips can help keep it at bay:

The question:

Recently, a lot of my friends are getting engaged, having babies and going on cool trips. Although I'm happy for them, I'm also envious. How do I deal with my jealousy?

Tip

An old saying goes, "Who is happy? He who is content with his lot." Keep a daily gratitude list of the blessings in your life.

1 Acknowledge your jealousy without judgment. Envy is a universal human emotion. The more you can own your feelings, the less likely you'll act on them.

2 Get in touch with the aspiration and wishes underneath the envy. Are you jealous of your friend's trip to Tuscany? Ask yourself what steps you might take to make your own travel plans. It may take time, but setting an intention can point you in a positive direction.

3 Remember that each person has his or her own unique recipe for happiness. Some people prefer roller coasters; others would rather curl up with a book. Being attuned to your own life purpose, needs and accomplishments helps negate the need for comparisons.

4 Instead of comparing yourself to others, compare yourself to the person you were one, five or 10 years ago. Are you wiser, happier, more confident? If so, take pride in your growth. If not, explore what has thrown you off course, or how you can improve your outlook.

— This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.

PLUS

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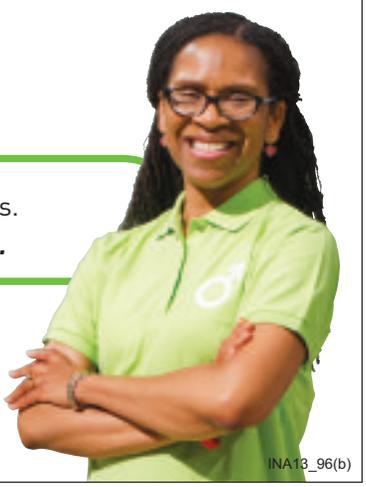
Dr. Susan Beane, VP and Medical Director, Healthfirst



INA13_96(b)

How yoga helps you run better

Fitness. Running isn't just about speed. This yoga sequence won't make you run faster, but better.

What happens when you run

Running is great cardio, but it's not very well-rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at Triyoga, London's top health center. "As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same out-of-sync motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do. Why? To prevent injury, says Denham-Jones: "If things get too tight, and you then try and do something like increase your stride, you risk pulling your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

Sorry, but yoga won't make you run faster. (If that's what you're after, train harder.) But what it does offer is injury prevention through stretching and strengthening the body. "Recovery is crucial," she says. "No one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body."

Yoga can help prevent running injuries. / PROVIDED

Let go of ego

Yoga is about respecting the body: "It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip injuries in the bud." Another benefit is that, as yoga is done barefoot, you can't rely on shoes to support your ankle: Your muscles are doing all the work, and they'll inevitably get stronger. You're also stretching the tendons and increasing suppleness through the foot, says Denham-Jones.

ROMINA McGUINNESS
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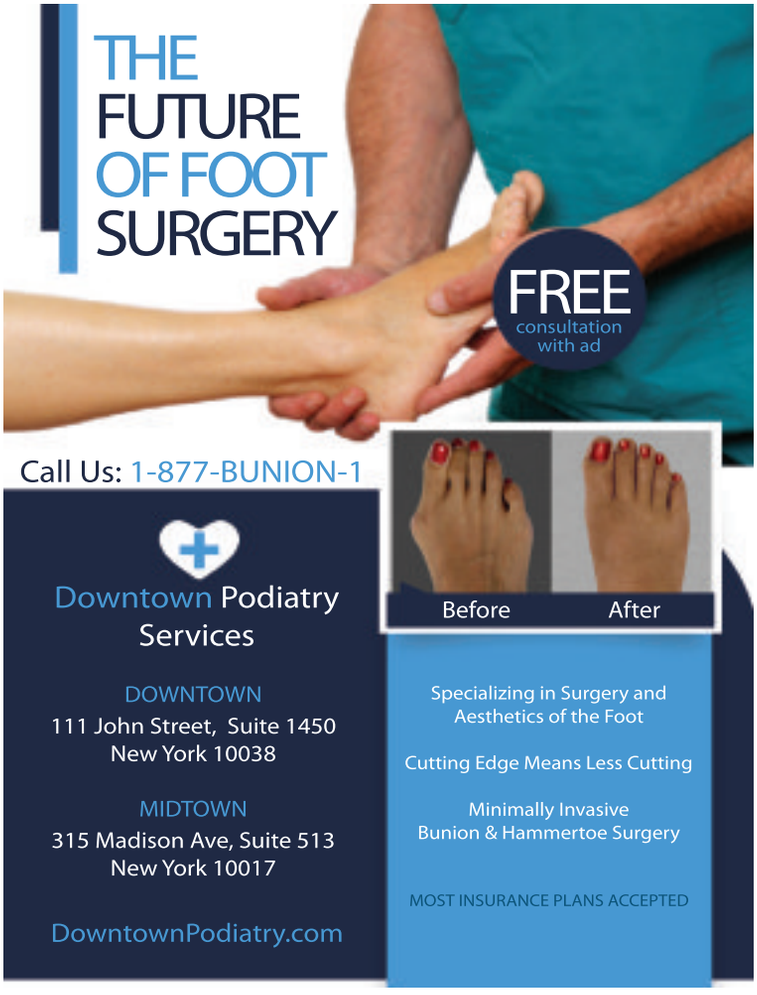


RUNNER'S YOGA SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion with these moves.

KATHRYN BUDIG

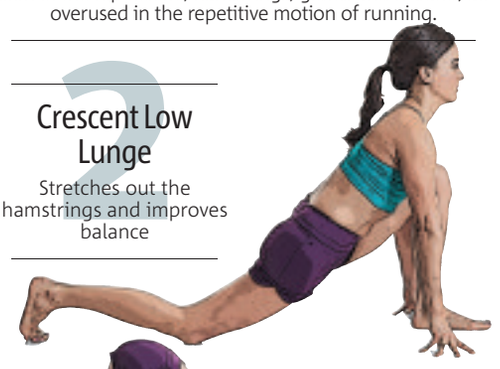
Now try this sequence by yogi Kathryn Budig, author of "The Women's Health Big Book of Yoga," to release tension in the hip flexors, hamstrings, glutes and IT band, all overused in the repetitive motion of running.

1 Downward Facing Dog

Stretches the calves and the hamstrings

2 Crescent Low Lunge

Stretches out the hamstrings and improves balance



3 Single Pigeon

Helps to open up the hip flexors and increase range of motion

4 Bound Angle

Releases tension in the hip flexors

5 Seated Forward Fold (with strap)

Stretches the shoulders, spine and hamstrings

6 Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs

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Q&A: Beer funds

Is this your main source of income?

This is my main source of income, but I still have some side work from my old life as a contractor. I also teach the Next Step class at Keystone Homebrew.

A lot goes into the perfect pour. / COMSTOCK

Working it: John Stemler, brewer

On tap.
Boozehounds, take note: It's hard to take a day off when you're brewing the perfect pour.

You would think that life as a brewer would be a constant buzz. Think of all the beer tasting you would have to do to get the product just right! We spoke with John Stemler, Brewmaster at Free Will Brewing Company in Perkasie, Pa., to find out just how much goes into crafting the perfect pour.

How long have you been at this job?
Since we got our final licensing in January of 2012.

When you get to work, what's the first thing you do?
It depends on the day. On a brew day, I get the Hot Liquor Tank going, then grind grains for the first brew. If it's a bottling day, I get packaging ready for the style being bottled. Most of the other days I clean things, transfer beer from one tank to another, then clean something else.

Who do you work with, and what is your relationship with them?

Stemler often works as many as 80 hours a week.
PROVIDED

I work with David Wood, the assistant brewer. He is great at picking up my way of doing things and does some of the tedious jobs so I can work on other things. He works well at a brewery because he can tolerate the long hours. We get along because we enjoy some of the same tastes in beer design and flavor. We often joke about ridiculous names for beers.

I also work with Dominic Capece, the business and operations manager and equipment whisperer. We don't often brew together anymore, but when we did, it was usually seamless silence since we had brewed together from the beginning. Now, we try and keep him away from brewing so he can man the bottling line and tend to the business. We work well in this business because our talents interlock, and we share both similar and complementary desires for beer flavors and styles.

How does your job make you feel?
Usually exhausted, because we average about 80 hours a week. But we are excited to make this company grow.

JULIA WEST
letters@metro.us

Q&A: Community

How do you feel your job changes or affects the larger community?

There is an overwhelming sense of town pride. I have lived my entire life in the town where we are located. We have raised money and donated products to several town organizations. Every little bit helps.

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Don't be afraid to speak up. / FOGSTOCK

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Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits. Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success. She let her guard down and began following in their footsteps. She now advises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

Tips

Why not ask for help?

Fear of rejection. We tend to take "no" very personally. We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something they need and want." So don't hold back.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down. Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers actually will see you as weak if you ask for help. She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them. "If [never asking for help] becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bi-monthly podcast called "The Broad Experience" about women in the workplace.

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2. One year of full-time experience as a supervisor, or Automotive Service Advisor.

For the journey-level experience in "1" above to be credited, it must be preceded by one of the following:

A. Two years of full-time experience as a mechanic's helper, apprentice or trainee performing or assisting in the work described above; **OR**
B. Graduation from a recognized trade school or technical school, approved by a state's Department of Education or comparable agency, with a major course of study in automotive mechanics or a closely related field totaling 600 hours; **OR**
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Horoscope

♊ Gemini | May 22-June 20. Be prepared to take on a leadership role in a group endeavor.

♋ Cancer | June 21-July 22. Don't be too quick to jump to conclusions, because quick assessments are apt to be faulty. If you take time to check out the facts, you'll be on much firmer ground.

♌ Leo | July 23-Aug. 22. Do not expect more from friends and family than they have the right to expect from you. And if you think you'll need maybe you should offer some.

♍ Virgo | Aug. 23-Sept. 22. Intangibles are likely to confuse you, because you might not be able to grasp what they're all about. Stick to what you can touch.

♎ Libra | Sept. 23-Oct. 22. Although you're usually a pragmatic person, today you could be more of a daydreamer. Rely more on logic than on imagination.

♏ Scorpio | Oct. 23-Nov. 21. Business conditions can be a bit tricky, but as long as you conduct your affairs in a methodical manner, you should still profit.

♐ Sagittarius | Nov. 22-Dec. 21. Someone you're not fond of might lead you toward something beneficial. Don't allow emotion to interfere.

♑ Capricorn | Dec. 22-Jan 20. Your future success could be predicated upon how much you ante up. Your drive will give you the confidence you need.

♒ Aquarius | Jan. 21-Feb 18. Try not to unfairly judge someone you meet for the first time. If given half a chance, this person could be an asset as a friend.

♓ Pisces | Feb. 19-March 20. Be careful, because ego could exert a strong influence on you, which could lead to poor judgment on your part.

♈ Aries | March 21-April 20. Your concerns regarding a person vital to your current plans will be put to rest. This person's behavior will demonstrate his support.

♉ Taurus | April 21-May 21. To achieve something important, you need to rely only on yourself and nobody else.

BERNICE BEDE OSOL

Sudoku: Easy and hard

					6	8		3
	3			4	9			
1		4			5		9	
7				1		6	2	
		9				4		
	4	6		7				9
	7		8			2		4
			2	5			7	
3		5	4					

	6		4		1			9
9	3			8		4		
		7		9				
3	8				5			
	1	4				2	3	
			1				4	7
				5		7		
		8		2			1	3
5			8		7		2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

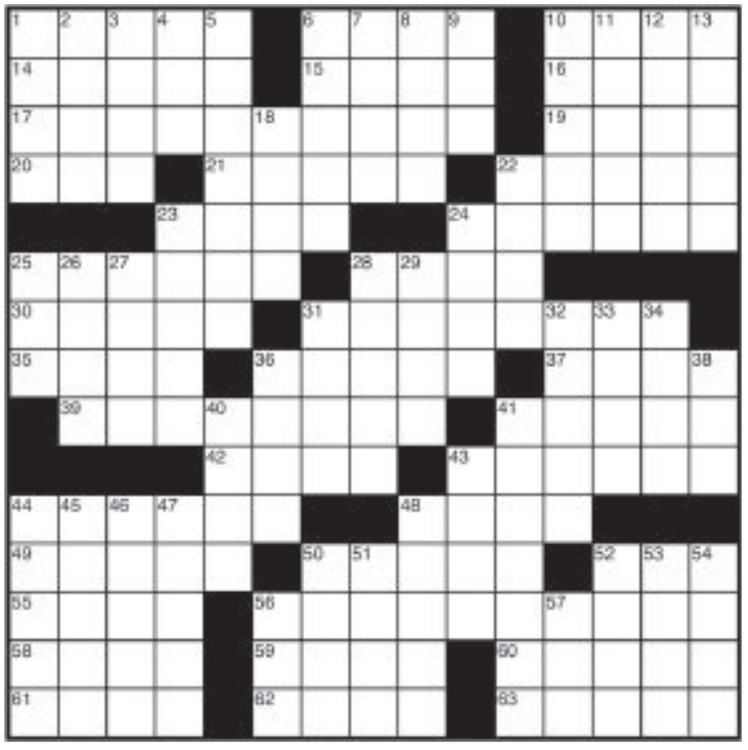
Across

1 More than misgivings
6 Elisabeth of "Soapdish"
10 Like redwoods
14 On the fringe
15 Crescent-moon horn
16 "Oops!" (hyph.)
17 Type of rose
19 Actress — Turner
20 Wetland
21 River in Russia
22 Food for frogs
23 Oasis feature
24 Notched range
25 Noble address
28 Granular snow
30 Bits of gossip
31 Mouth organ?
35 Oxy-5 target
36 Asian nation
37 Top pitchers
39 Queen's subject
41 Cherbourg shes
42 Hera's son
43 Satisfy
44 Lama's chant
48 White vestments
49 Easy-to-find constellation
50 Dome home
52 Hard-boiled one
55 Not elite
56 Make no progress (2 wds.)
58 Employs
59 Frayed
60 Raise spirits
61 Chipper
62 Singles
63 Put off

Down

1 Remove, as a hat
2 Axiom
3 Collar style
4 — Lingus
5 Car owners
6 Oar
7 Like some juries
8 Farmer's org.
9 Eco-friendly feds
10 Ball-gown fabric
11 Win by — —
12 Recluse
13 Buddhist sacred city
18 Dauntless
22 "OK with me!"
23 About half of us
24 Tijuana Ms.
25 Ms. Farrow
26 Have poison ivy
27 Late-night Jay
28 Ticket prices
29 Palm reader's opener (2 wds.)
31 Hamlet option
32 Makes hay
33 Westwood sch.
34 Poor grades
36 Ms. Sedgwick
38 Weathervane dir.
40 Bring home the bacon
41 Pushed and shoved
43 Tramp along
44 Finish the job (2 wds.)
45 Start the day
46 Less rude
47 Clink glasses
48 Bates and Arkin
50 Tailor's need
51 "Chicago" star
52 And others (abbr.)
53 Japanese clog
54 CFL's — Cup
56 Pair
57 Tavern draft

Weekend's answer



Letters

Kanye West not a good person

Re: 'Kanye's universe' (Metro, June 14-16) PLEASE STOP with the articles on Kanye West! Every time I see him, I throw up in my mouth a little. He's such a dreadful human being. I'm begging you.
PAUL A. BIBO, VIA EMAIL

I guess the good news is that Kanye West was at Kim Kardashian's side when she gave birth to their baby girl this weekend.

The bad news is that he reportedly grabbed the baby and announced to all present that the award should have gone to Beyonce for producing one of the greatest babies of all time.
BRUCE A. BENNETT, VIA EMAIL

Re: 'Kanye West does not want to hear the sound of your dumb voice' (Metro, June 12) Nowhere in my Bible does it show that Jesus' middle name was "effing." I know there is such a thing as freedom of speech, however that was downright disrespectful.
MELISSA D. CASEY, VIA EMAIL

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Teixeira avoids second DL stint

MLB. The Yankees' slugger underwent an MRI yesterday on his right wrist.

Teixeira is just 3-of-31 (.097) with nine strikeouts since June 6, when he homered for the third time in four games. / GETTY IMAGES

For the third time this season the Yankees have gotten a slugger back from the disabled list — only to see them reinjured soon thereafter.

First baseman Mark Teixeira is the latest to face question marks, though he won't return to the disabled list as Kevin Youkilis did last week and Curtis Granderson did last month. Teixeira was removed from Saturday's game in the fourth inning after reaggravating the torn right wrist sheath that caused him to miss the first two months of the season.

The good news is Teixeira returned to New York yesterday and underwent an MRI that showed inflammation, but no tear.

He did, however, receive a cortisone shot in his wrist and will be out for at least a few days. The Yankees return to the Bronx to face the Dodgers tomorrow night (7:05 p.m., YES). It's unlikely Teixeira will play in the two-game set.

MARK OSBORNE
mark.osborne@metro.us

Quoted

"The sheath is fine. That's good news. It has nothing to do with that. ... Even though he's hurt, it's probably the best scenario we could have."

Manager Joe Girardi
On Teixeira's wrist injury

NYY 6, LAA 5

Sabathia back to dominant ways in victory

CC Sabathia struggled through six innings in his last start. But he was back to being an ace yesterday.

The Yankees closed out their West Coast trip with a 6-5 win over the Angels and stemmed a five-game losing streak in the process.

Sabathia went eight-plus innings and struck out six.

They made it tough on themselves in the ninth, allowing all five Angels runs. **METRO**

Mets walk off with comeback win

Kirk Nieuwenhuis' long jump onto home plate and into a waiting throng of teammates was a release for a team in desperate need of one.

"It's a positive," Nieuwenhuis said after his three-run homer in the bottom of the ninth powered the Mets to a 4-3 come-from-behind win over to the Cubs yesterday.

The centerfielder, who finished 1-for-3, drilled a 1-0 fastball from Carlos Marmol (2-4) off the Pepsi Porch in right to end a three-game losing streak.

By the numbers

3

The Mets picked up just their third victory this month yesterday. They are now 3-9 in June.

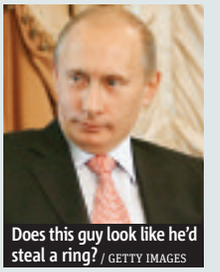
"If we can't use this as a spark, I don't know what else we can do," manager Terry Collins said. "I hope that gets us going."

Marlon Byrd started the comeback with a lead-off homer off Marmol in the ninth to cut the deficit to 3-1. Byrd's 11th homer of the year was followed by a Lucas Duda walk and a John Buck single. Omar Quintanilla's sac bunt moved the runners over and set the stage for Nieuwenhuis' first home run since June 23, 2012.

"I was trying to see it out of [his] hand because he has a good slider," Nieuwenhuis said. "I was just really trying to see it out of [his] hand and read the pitch." **DENIS GORMAN**

Kirk Nieuwenhuis
GETTY IMAGES

Patriots vs. Russians


Does this guy look like he'd steal a ring? / GETTY IMAGES

Putin denies taking Kraft's Super Bowl XXXIX ring

Some sports stories are very strange. And then you have Patriots owner Robert Kraft alleging Russian President Vladimir Putin stole his ring from Super Bowl XXXIX.

Kraft told the story on Friday, relaying that Putin slipped the ring in his pocket and was escorted out of the room by the KGB, when Kraft showed it to him on a 2005 visit.

Well Putin, formerly of the KGB, responded through a spokesman yesterday.

"What Mr. Kraft is saying now is weird," spokesman Dmitry Peskov told CNN. "I was standing 20 centimeters away from him and Mr. Putin and saw and heard how Mr. Kraft gave this ring as a gift." **METRO**

Wheels up

Mets prospect talks today

The Mets will bring up top pitching prospect Zack Wheeler today, though he won't officially be added to the roster until tomorrow, before starting in Game 2 of the team's doubleheader.

Wheeler is scheduled to speak with the media in Atlanta, 10 miles from his home, this afternoon. **METRO**

3 SPORTS

BOSTON RED SOX

Sox troubles

Buchholz out again

Red Sox starter Clay Buchholz, who is leading the majors with a 1.71 ERA, was scratched from his next start — again. Buchholz hasn't pitched since June 8 and may not be ready by Saturday, when he's scheduled to return from soreness in his neck and upper back. The team may put him on the DL if he cannot be ready by the weekend.

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Highlights of yesterday's walkoff win by the Mets at **Metro.us/sports**

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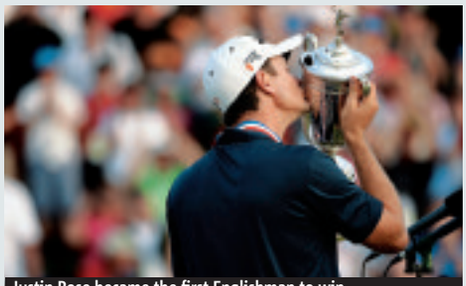


Justin Rose became the first Englishman to win the U.S. Open in 43 years. / GETTY IMAGES

Rose beats out Mickelson to take US Open

Phil Mickelson will have to settle for second for the sixth time.

Englishman Justin Rose took the 113th U.S. Open title at Merion, just outside of Philadelphia, with a score of 1-over for the tournament.

Mickelson had a chance to force a Monday playoff on No. 18, but hit his tee shot into the rough and fell short of the green on the his approach. He finished with a bogey and 3-over four-day score. Mickelson was 4-over for the day after starting with sole possession of the lead.

Rose, meanwhile, won his first major, though he's certainly no stranger to golf fans. He is currently ranked No. 5 in the world.

Rose carded five bogeys and five birdies to finish with an even-par 70 on the final day.

Jason Day tied with Mickelson for second, while Jason Dufner (5-over) was third. METRO

Report: Vigneault will be next Rangers coach

NHL. The Rangers have reportedly chosen the former Canucks coach over Mark Messier.

The Rangers have moved on from John Tortorella and reportedly have found their new man in charge.

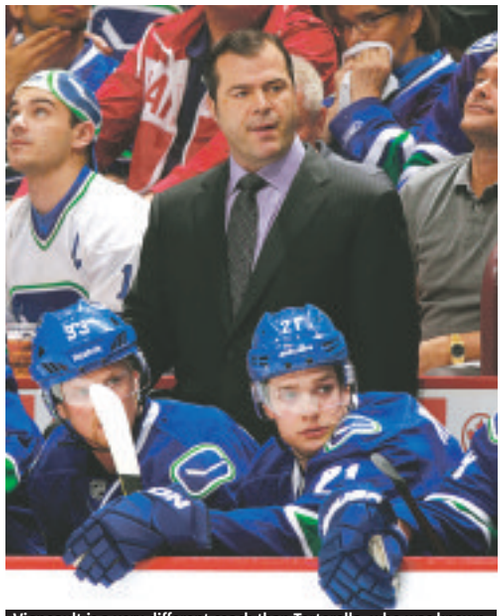
Multiple sources are reporting former Vancouver head coach Alain Vigneault will take the same position with the Rangers. While he has accepted the position, he has yet to officially agree to a contract and the Rangers have not commented.

General manager Glen Sather had remarked at the time of Tortorella's firing that they wanted to have a coach in place prior to the June 30 NHL draft. Former Buffalo head coach Lindy Ruff and Rangers legend Mark Messier, who has never coached but publicly expressed interest in the job, were among the final candidates for the job.

Vigneault was fired by the Canucks on May 22 after his team was swept by San Jose in the first round of the Western Conference playoffs. Vigneault was with Vancouver since 2006 and made the playoffs every year but 2007-08. He won the Jack Adams Award as top coach in 2006-07.

He led the Canucks to the Stanley Cup Final against Boston in 2011, but lost in a seven-game series.

MARK OSBORNE
mark.osborne@metro.us



Vigneault is a very different coach than Tortorella, who was known for his contentious relationship with the media. / NHLI, GETTY IMAGES

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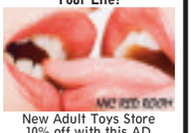
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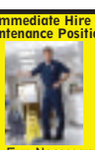

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